

## Yogurt with Honey

Buy Greek yogurt and a local, raw honey (available in high end food stores and green markets. It contains enzymes and small amounts of pollen, which may help cut down on seasonal allergies. The immune system, which is based to about 60 % in the intestinal system, gets "used to" the pollen and does not overreact to them as much during the next season)

Put the yogurt in a bowl, stir and add about 2 tablespoons of honey.